

# Thoughts for the Quiet Hour - June 9

by D.L. Moody

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*We are called to cast our cares on God, trusting in His ability to redress them and sustain us.*

**Scripture:** Psalm 55:22, Isaiah 41:10, Matthew 11:28-30, Philippians 4:6-7, 1 Peter 5:7

**Topics:** "Trusting God", "Casting Burdens"

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## Description

D.L. Moody emphasizes the importance of casting our burdens upon the Lord, as doing so frees us from the torment of anxiety and fear. He explains that taking on our own cares leads to an uneasy burden, while trusting in God allows us to find peace and relief. Moody encourages believers to rely on God's ability to handle our concerns, reminding us that He invites us to lay our worries at His feet.

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## Transcript

Cast thy burden upon the Lord, and He shall sustain thee. --Psalm 55:22

He that taketh his own cares upon himself loads himself with an uneasy burden. The fear of what may come, expectation of what will come, desire of what will not come, and the inability to redress all these, must needs bring him continual torment. I will cast my cares upon God: He hath bidden me. They cannot hurt Him: He can redress them. --Hall

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